

THIS WEEK IN CAREGIVING



June 22, 2022



CAREGIVING IN THE NEWS

As Pandemic Continues, Unpaid Caregivers Face Worsening Mental Health Issues

A growing number of Americans have found themselves in unpaid caregiving roles since the onset of the COVID-19 pandemic, helping care for family members, neighbors and friends.

"One of the most common phrases we hear is, 'I'm not a caregiver,' And then they say, 'I'm just a daughter,' 'I'm just a God-fearing person,' 'I'm just a neighbor,' 'I'm just a friend,'" Alexandra Drane, co-founder and CEO of the national caregivers platform ARCHANGELS, told *Boston Public Radio*. "But what we see is that what people are actually doing are things like we might expect [a paid caregiver or home care aide to do]."

Unpaid caregivers are most likely to be young and employed, according to [data collected by ARCHANGELS](#) in 2021. Drane noted that many Americans find themselves in these roles when a family member moves in with them, or when they're tasked with managing finances, transportation and food access.

From: Boston Public Radio | Published: June 6, 2022

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Caregiving for a Parent: More Partnership Than Role Reversal

A man with a small child got up from the adjacent booth at a local restaurant to tell me, "You are lucky caring for your mom. I see how you interact with one another and can feel the love. My mom passed away six months ago. I miss her. Hold onto your mom and cherish each moment."

This stranger has no idea how often I think about those words. I reach for them

Alzheimer's Q&A: New Understanding Phase Brings Enlightenment to Caregivers

What is the caregiving phase of "new understanding?"

The next caregiving phase, "new understanding," compares to arriving at the destination, i.e., an Alzheimer's diagnosis and journey, in which the caregiver experiences a kind of enlightenment, surprised by his or her growing insights and abilities to transcend

when anxiety sets in.

My journey of caring for my mom started a year ago. She's 90, worked as a teacher, taught art classes in her community and volunteered at two local community centers. She took care of my dad, who died a few years ago.

For a while, we talked on the phone every day. Her hearing is poor, even with hearing aids. I live in a nearby state and visit once a week. These visits often include trips to medical professionals. Other than not hearing too well, showing signs of cognitive decline and watching her New York City pace slow to an almost crawl, she's okay.

From: Next Avenue | Published: June 8, 2022

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NAC NEWS AND UPDATES



NOW AVAILABLE: World Carers Conversation 2022 Session Recordings

World Carers Conversation returned May 19, 2022 as a global, virtual event with the support of EMD Serono and Embracing Carers. Innovators, researchers, policymakers and carer advocates from around the globe learned about advancements in the field, got inspired, and made connections that matter for the future of carers everywhere. These recordings cover the primary conversations and topics discussed.

To view the slide deck used in the event, click [here](#). To view the recordings, click below.

VIEW RECORDINGS



Global Voices of Caregiving: A PhotoVoice Project

the extraordinary challenges and barriers of the situation.

Through the caregiver's struggle, education, support and attention to his or her needs, there is on the horizon a healing and readjustment to life; a new normal, so to speak. The caregiver sets new priorities, gauges expectations, observes boundaries and begins to try to make peace with all the aspects of his or her role. Additionally, there are countless opportunities for caregivers to deepen the bond and form connections with their loved ones through compassionate and patient care.

From: The Advocate | Published: June 13, 2022

As part of the World Carers Conversation 2022, NAC worked with Chief Story Officer Anne Levy and caregivers from around the globe to help them tell their own story through a series of photos. These photos addressed simple questions about being a caregiver, such as what works, what doesn't work, and what a world that embraces and supports caregivers would look like. Each one of these stories is unique to the caregiver's own experience and tells a diverse story of what it's like to care for others, an act which connects us all.

To view and hear these stories, please click on the red button below.



I am always learning from and sharing with my fellow carers how to care for myself while caring for my loved one.

— Jean, Taiwan

2022 WORLD CARERS Conversation
A VIRTUAL GLOBAL SUMMIT HIGHLIGHTING INNOVATIONS IN CAREGIVING RESEARCH, PRACTICE AND POLICY

nac National Alliance for Caregiving **embracing caregivers**

VIEW STORIES

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**Reimagining Clinical Trial Recruitment Through A Family-Centered Lens:
Caregiver Recommendations for Enhancing Clinical Trial Participation Diversity**

DOWNLOAD NOW

Reimagining Clinical Trial Recruitment Through a Family-Centered Lens: Caregiver Recommendations for Enhancing Clinical Trial Participation Diversity

The National Alliance for Caregiving is proud to present *Reimagining Clinical Trial Recruitment Through a Family-Centered Lens: Caregiver Recommendations for Enhancing Clinical Trial Participation Diversity*, a new report developed with sponsorship from Travere Therapeutics. Building on the priority area of clinical trials recruitment and retention identified in NAC's 2019 report *Paving the Path for Family-Centered Design: A National Report on Family Caregiver Roles in Medical Product Development*, this report synthesizes outputs from a series of three roundtables. In collaboration with Health Leads, NAC mobilized its network of researchers, policymakers, innovators, patients, families and caregivers to discuss and develop strategies for improving how researchers engage caregivers from populations most impacted by structural inequities in order to better understand how to increase representation of diverse patients in clinical trials.

Included in this report:

- Summary of caregiver expert convening including their key insights on caregivers' role in clinical trials and barriers to patient and caregiver participation;
- Summary of clinical trial roundtable including current strategies that improve caregiver engagement and support caregiver roles related to trials;
- Direct quotations from caregiver experts about their experiences with clinical trial participation;
- Outputs of a co-design session with both caregiver experts and clinical trial experts;
- Individual-level, community-level and systems-level focus areas for acting on these co-developed recommendations.

NAC's report underlines that engaging caregivers more effectively in the clinical trials process to promote better trial enrollment diversity requires investment and collaboration from not only industry partners and sponsors, but also from federal regulatory agencies, policymakers, healthcare leaders, community care providers and patients and caregivers themselves. Recognizing the value – the contributions, the expertise, the health impact – of what caregivers do, as partners in innovation, is a key part of creating a more equitable, person and family-centered health care system.

To read the report and access our findings, click on the red button below.

[LEARN MORE](#)

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The Circle of Care Guidebook Series

The National Alliance for Caregiving's *Circle of Care* library is a series of guidebooks dedicated to providing resources, support and information to caregivers caring for someone in a specific disease space. Part of an ongoing effort of NAC, these first three guidebooks were developed with the assistance of both patient-advocacy and consumer-facing partners:

- **Circle of Care: A Guidebook for Mental Health Caregivers**
- **Circle of Care: A Guidebook for Caregivers of Children and Adolescents Managing Crohn's Disease**
- **The Circle of Care Guidebook for Caregivers of Children with Rare and/or Serious Diseases**

NAC is proud to lend their expertise on caregiving through these guidebooks. To access the guidebooks for yourself and to share them with other caregivers in your life, please visit the link below.

[VIEW THE GUIDEBOOKS](#)

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EVENTS & OPPORTUNITIES

JUNE



Association of Community Cancer Centers

Age-Friendly Health Systems Oncology Action Community & Informational Webinar

June 22, 2022 | 1:00 PM - 2:00 PM EST | Online

The Association of Community Cancer Centers (ACCC) is holding a webinar June 22 on how to participate in ACCC's Age-Friendly Health Systems Oncology Action Community.

Throughout the United States, hospitals, clinics, long-term care and other sites of care are becoming Age-Friendly Health Systems as they implement the 4Ms Framework - what Matters, Medication, Mentation and Mobility - to provide high-quality care that meets the unique needs of older adults. Join this online event to learn about the Age-Friendly Health Systems movement and how to participate in the ACCC's free, seven-month learning collaborative that will guide oncology clinical teams in implementing the 4Ms.

To register for this webinar, click the red button below.

REGISTER

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The Pride of Caring: The Pride of Keeping Active

June 23, 2022 | 11:00 AM - 12:00 PM EST | Online

Join Bruce Williams, Active Aging Manager at The Pride Center at Equality Park in Fort Lauderdale, Florida as we discuss the importance of active aging for LGBTQ+ seniors through engagement, enlightenment and entertainment!

This webinar will be hosted by the WellMed Charitable Foundation.

To register for this event, click the red button below.



REGISTER

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NHCOA

NATIONAL HISPANIC COUNCIL ON AGING

Perspectives from Health Researchers in Advancing Health Equity in Diverse Communities' Part 2

June 23, 2022 | 1:00 PM - 2:00 PM EST | Online

On Thursday June 23rd, 2022, from 1:00-2:00pm ET, the National Hispanic Council on Aging (NHCOA) and Diverse Elders Coalition (DEC) will host the second installment of the 2-part webinar series "Perspectives from Health Researchers in Advancing Health Equity in Diverse Communities". Speakers will include health researchers of the All of Us Research Program (AoU) to talk more about their experiences and the benefits of utilizing the All of Us Research Program database. We will also discuss how the All of Us Research program can help researchers overcome barriers in reaching diverse communities and provide important data in aiding the development of precision medicine and advancing health equity for diverse communities.

Speakers:

Dr. Martin Mendoza
Director of Health Equity for All of Us

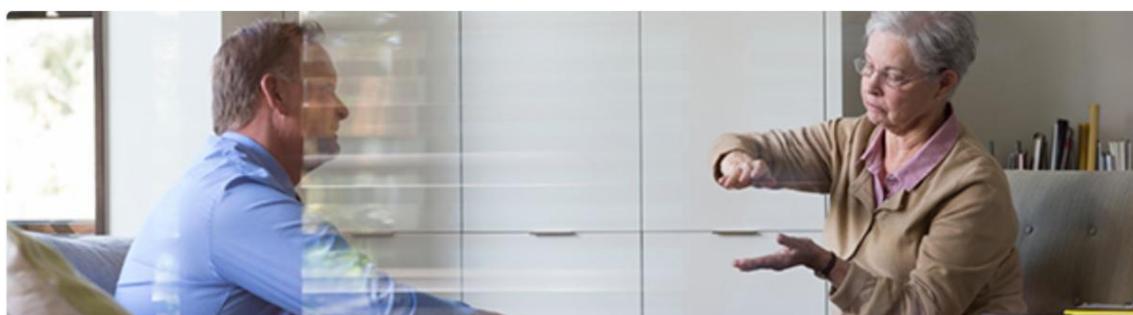
Dr. Stephanie Cook
All of Us Research Ambassador

For more information contact us at 202-347-9733 (NHCOA office) or at c.perez@nhcoa.org or ole@diverseelders.org.

To register for this webinar, click the red button below.

REGISTER

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Webinar: Your Mental Health as Caregiver in the Times of COVID

June 23, 2022 | 1:00 PM - 2:00 PM EST | Online

An estimated 48 million adults in the US, almost 20% of our country provide informal care to an adult with physical or mental health needs. This unpaid work, which includes everything from trips to the doctor to feeding, bathing, and toileting, has been valued at almost 500 Billion dollars. Even in the best of times, the vast majority of this work is invisible and under supported, leaving millions of caregivers struggling in silence. The Covid-19 pandemic pushed many caregivers into crisis.

And while Covid-19 vaccination has helped some Americans experience a joyful summer, a large number of caregivers are still at home, struggling with the fallout from ongoing isolation, anxiety, and lack of support.

This presentation exposes a national failure to support this vital part of our society — one that many of us will depend on at some point in life and what we need to do to support our own mental health in the face of this new Normal using tried and proven straight forward “Getting Real” tools as our only true solution.

To register for this event, click the red button below.

[REGISTER](#)

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3rd Annual Virtual Caregiver Support Summit

June 30, 2022 | 9:00 AM - 12:00 PM EST | Online

On behalf of the GV Sonny Montgomery VA Medical Center Caregiver Support Program, we invite you to participate in the 2022 Virtual Caregiver Summit. Our goal is to engage with providers, caregivers, family members and, community partners, “To promote the health and well-being of family caregivers who care for our nation’s Veterans, through education, resources, support, and services.”

VA recognizes the crucial role that Caregivers play in helping Veterans recover from injury and illness and in the daily care of Veterans in the community. VA values the sacrifices Caregivers make to help Veterans remain at home. Caregivers are partners in the care of Veterans and VA is dedicated to providing them with the support and services they need.

To register, email Shalonda.Carlisle@va.gov or Ruth.Drake2@va.gov.

For additional information, contact Caregiver Support Program at [601-364-1559](tel:601-364-1559).

[REGISTER](#)

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KNOW Stroke — How Acting FAST Can Save Your Life

June 30, 2022 | 2:00 PM - 3:00 PM EST | Online

In the US, every 3.5 seconds, someone dies of a stroke. What can be done to minimize that risk? This webinar will include facts about stroke prevention, who is especially at risk, how to recognize a stroke and act FAST, and the treatment options available including thrombolytic therapy, endovascular therapy and rehabilitative care.

Presenter:

Irina Rebello has been a Neuroscience Program Manager at Mercy San Juan Medical Center, a Comprehensive Stroke Program, since 2015 and is a volunteer for the American Stroke Association. She has been a registered nurse for over 22 years and holds a Masters of Science in Nursing Leadership. She is passionate about providing access to stroke care and is a frequent speaker and facilitator of community events.

To register for this event, click the red button below.

REGISTER

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Caregiving and Our Longer Lives - The \$500 Billion Question

Call for Applicants - Age Boom Academy 2022

Application deadline: June 30, 2022 • ageboom.columbia.edu

Caregiving and Our Longer Lives – The \$500 Billion Question"

Deadline to Apply: June 30, 2022

The Columbia Aging Center and the Columbia Journalism School will host the 2022 virtual **Robert N. Butler-Jack Rosenthal Age Boom Academy: "Caregiving and Our Longer Lives – The \$500 Billion Question"** over four two-hour online sessions on October 13, 14, 20 and 21, 2022 (exact session times at ageboom.columbia.edu). **The deadline for journalists to apply is June 30, 2022.** Into its third decade, the Age Boom Academy is Columbia University's signature media training program for reporting on the opportunities and challenges of increased longevity.

If you are an on-staff or freelance journalist, you may apply to become a Fellow in this program co-led by Linda P. Fried, MD, MPH, Dean, Columbia Mailman School of Public Health; and Bruce Shapiro, Executive Director, Dart Center for Journalism and Trauma

and Columbia Journalism School faculty. Selected Fellows will convene with researchers for an intensive, multi-session, online workshop focused on how to report effectively on the complex interplay of increased longevity and the U.S. informal caregiving economy. This topic crosscuts journalistic beats, regions and markets.

To learn more and register, click on the link below.

REGISTER
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JULY



Peer Support Mentoring Program – Spirituality Calls

The [VA Peer Support Mentoring \(PSM\) Program](#) and the [National Chaplain Office](#) will be hosting a 12-month series addressing spirituality and caregiving. These calls are open to caregivers of Veterans enrolled in both the [Program of General Caregiver Support Services \(PGCSS\)](#) and the [Program of Comprehensive Assistance for Family Caregivers \(PCAFC\)](#).

Calls will be held on the first Friday of each month from 12:00 p.m. to 12:30 p.m. ET (11:00 a.m. to 11:30 a.m. CT; 10:00 a.m. to 10:30 a.m. MT; 9:00 a.m. to 9:30 a.m. Pacific) and will be hosted on WebEx using the dial-in information below. There is NO registration required. Meeting Call in number: USA Toll-free Number 1-833-558-0712. Meeting number (access code): 2762 030 9378

Topics

- July 2022 - To be announced
- August 2022 - Spirituality and Grief
- September 2022 - Spirituality and Self Reflection

To learn more, click the red button below.

LEARN MORE
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Spotlight on Caring for the Caregiver

July 13, 2022 | 6:00 PM - 7:30 PM EST | Online

Please join Partners in Care Foundation and AARP for the last session of a 3-part virtual series, "Spotlight on Caring for the Caregiver," on Zoom.

Moderators:

- June Simmons, President & CEO, Partners in Care Foundation
- Adriana Mendoza, Associate State Director, AARP California

To register for this event, click the red button below.

REGISTER

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RELAX: Alternatives to Anger for Parents and Caregivers

July 14, 2022 | 1:00 PM - 2:30 PM EST | Online

Hosted by Michigan State University, this interactive workshop for parents and those who provide care for young children is designed to help adults increase their knowledge about anger and strong emotion in young children and the developmental stages of social emotional self-control. Parents and caregivers will learn what anger is and what triggers anger, explore ways to practice and reinforce positive communication skills, and learn methods of incorporating children's literature into the process of teaching problem solving skills.

Facilitator: Georgina Guzman, perrygeo@msu.edu.

This workshop is free.

Attendees must register by July 13. Click the red button below to do so.

REGISTER

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Powerful Tools FOR Caregivers

Powerful Tools for Caregivers – Virtual

July 14, 2022 | 7:00 PM - 8:30 PM EST | Online

In conjunction with Catholic Charities Southwestern Ohio, Powerful Tools for Caregivers presents this second meeting in 6-week self-care class for family caregivers where you will access valuable resources, connect with other caregivers, reduce stress, guilt, anger and depression, learn to communicate effectively with family members, doctors, or other help, and learn how to take care of yourself, relax, set goals and problem solve. Uses companion book "The Caregiver Helpbook", available at www.powerfultoolsforcaregivers.org.

To register for this event, click the red button below. Attendees must register by July 7, 2022.

REGISTER

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UT Health
San Antonio

Essentials of Cancer Caregiving Lifestyle for Cancer Survivors & Caregivers

July 19, 2022 | 3:00 PM - 4:30 PM EST | Online

Join UT Health San Antonio Caring for the Caregiver for a session designed to help attendees learn more about programs to support cancer survivors and the importance of a healthy lifestyle and social support. Dr. Kyungeh An with UT Health will discuss Cancer survivorship and caregiver roles in a discussion on barriers to a sustain healthy lifestyle.

For more information contact 210-450-8862.

To register for this event, click the red button below.

REGISTER

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Legal and Financial Planning for Older Adults and Persons with Disabilities

July 26, 2022 | 12:00 PM - 1:00 PM EST | Online

Join the Benjamin Rose Institute on Aging for an informative webinar discussing how older adults and people with disabilities can protect their assets against financial exploitation. Information will include how to properly draft powers of attorney, the use of trusts in legal planning, and the rules and guidelines of Medicaid. Lastly, you will learn about an evidence-based care-coaching program, BRI Care Consultation™, that is available for free in various counties in Ohio and West Virginia to support individuals with, or at risk of, dementia, including individuals with intellectual and developmental disabilities, and their caregivers.

To register for this event, click the red button below.

[REGISTER](#)

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AUGUST



Larry Minnix Leadership Academy

Deadline: August 1, 2022

The Larry Minnix Leadership Academy is designed to develop the leadership capacities and core competencies of aging services professionals by tapping into their natural talents and authentic leadership styles, irrespective of their professional experience, job title or type of position within an organization.

Unlike many leadership programs that focus on building a core skillset for new leaders or are geared toward nurturing a specific career path for “emerging” leaders, the Leadership Academy provides a leadership foundation rooted in reflective practice—developing a deep understanding of one’s self, uncovering one’s unique leadership attributes, and learning how to stretch and leverage those capacities to have the most impact as leaders.

The year-long curriculum draws on adult learning theory to delve into the core principles of reflective leadership through a variety of components. The program emphasizes self-exploration and relationship-building to enable participants to embrace diversity of thought, move beyond pre-conceived assumptions and view their own experiences and those of

others as learning opportunities.

Leadership Theory

Readings, group discussions and exercises throughout the year delve into the various ways (and contexts) in which the leadership theories are and can be applied to real-world settings within and outside of the aging services field.

Member Site Visits

Site visits expose Fellows to a variety of housing and service settings and the people (at all levels) responsible for creating unique environments and programming across the full range older adult services.

Leaders in Residence

Intimate conversations with a wide range of leaders in our field give Fellows insight into the different actions, personal beliefs, values and goals that shape individual leadership styles and approaches.

Study Circle

Through a variety of discussions and exercises, Fellows explore gaps in our field from many points of view, identify areas of common interest and generate ideas for action or areas for further exploration.

Action Learning

The action learning process encourages Fellows to move a project forward while at the same time reflecting on their Academy learnings, actions and the hands-on, practical experiences that enable leaders to more effectively navigate change.

To learn more about the Larry Minnix Leadership Academy, contact BMoss@LeadingAge.org or call 202-508-9490.

To apply, click the red button below.

APPLY
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Apply to Be a Macy Faculty Scholar

Deadline: August 1, 2022

The Macy Faculty Scholars Program, now in its second decade, aims to identify and nurture promising early career educators in medicine and nursing. The Program will help develop the next generation of national leaders in medical and nursing education by

identifying outstanding educators, physicians, nurses, and role models—individuals who represent the breadth of diversity seen in learners, patient populations, and health care settings around the country. By providing the Scholars with resources—especially protected time, mentorship, and a professional network of colleagues—the Program aims to accelerate Scholars' careers, to turn their teaching practice into scholarship, and to help them become impactful leaders locally, nationally, and beyond.

To learn more about the Macy Faculty Scholars Program, click [here](#). To apply, click the red button below.

APPLY

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UT Health | Caring for the Caregiver
San Antonio

Strategies to Support Those Touched by Cancer

August 9, 2022 | 2:00 PM - 3:30 PM EST | Online

Join UT Health San Antonio Caring for the Caregiver for a session designed to help caregivers of individuals with cancer navigate several complexities of the healthcare system. Caregivers will receive ways and means to help identify and advocate for the best pain and symptom management for their loved ones. Finally, caregivers will learn strategies to support self-care.

For more information contact 210-450-8862

Event presented by UT Health Caring for the Caregiver and funding supported by AACOG.

To register for this event, click the red button below.

REGISTER

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SEPTEMBER



Webinar: Navigating a Dementia Diagnosis and Care Needs

September 7, 2022 | 1:00 PM - 2:00 PM EST | Online

Knowing the warning signs of Alzheimer's disease is important for early detection and diagnosis. Family members often are the first to notice the signs, but may struggle on how to approach their loved one about scheduling an appointment with their doctor. Once they do broach the subject, they may be met with resistance or denial. If a diagnosis is received, the individual and their family may be at a loss for what do next and what to expect for their loved one's care needs. As professionals, it is important to help older adults and their families navigate life after a dementia diagnosis by providing them with useful information and support. Join this webinar during World Alzheimer's Month to learn more about what to do next after a dementia diagnosis, what changes to expect and how to best care for someone living with dementia.

Participants in this webinar will be able to:

- Review the 10 warning signs of Alzheimer's disease and the importance of diagnosis
- Discuss what to expect after a diagnosis and what changes are likely to occur
- Learn communication strategies and care tips to best support the individual
- Discover resources for professionals and families for diagnosis, care and support

To register for this event, click the red button below.

REGISTER

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Survivorship and Cancer Care

September 15, 2022 | 11:00 AM - 12:30 PM EST | Online

Join UT Health School of Nursing and the Caring for the Caregiver program for a special session on Survivorship and Cancer Care. During this session, attendees can expect to learn more about life after Cancer. Participate in a discussion regarding the relationship between what we eat, how we move, and how it impacts the cancer survivors' ability to prepare for treatment, tolerate treatment, and recover from treatment. We will go over strategies to support our loved one's symptoms and recovery from cancer treatment and

discuss long-term implications.

For more information call 210-450-8862.

To learn more or register for the conference, click the red button below.

REGISTER

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PATIENT AND CAREGIVER STUDIES

VetCareMind Project

Do you provide unpaid care for a veteran or non-veteran with a neurocognitive disorder and/or Post Traumatic Stress Disorder (PTSD)? Are you 18 years old or older? Do you have a computer, tablet, or smartphone? If so, researchers developing an intervention want your help! Eligible caregivers will complete an online survey before participating in two focus group interviews with 4 to 5 participants. The online survey will take about 30 minutes and the focus groups will be between 90 to 120 minutes each.

Participants will receive a \$30 gift card after each focus group interview.

For any questions about the study, please contact the research team at the following email or phone number:

Email: vetcaremind@illinois.edu

Phone: 217-244-9363

Principal Investigator: Dr. Sandraluz Lara-Cinisomo

To determine if you are eligible to participate, complete a brief online screening by clicking on the red button below.

COMPLETE THE SCREENING

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Weill Cornell Medicine Geriatrics & Palliative Medicine

Are You Caring for a Loved One With Dementia

Researchers at Weill Cornell Medicine are conducting a research study examining well-being and resource use in dementia caregivers. The aim of this study is to identify and examine the needs of caregivers and the types of resources and support services that would be most beneficial to promote well-being in caregivers.

If you are eligible and agree to participate, you will be asked to complete an online survey lasting 20-30 minutes. Then, you will be given the option to participate in a follow-up phone interview with a member of our research staff. You will be asked to answer some questions about your demographic characteristics, care responsibilities, challenges experienced, and ways you have coped with those challenges. Then, you'll be asked to answer some questions about your use of community resources, barriers to accessing and using resources, and suggestions for resources that you would be interested in using in the future based on your own personal needs.

You will receive a stipend of \$25 for your completed surveys. For those who choose to participate in the open-ended interview, you will be compensated with another \$40.

If you have any questions about this survey, please feel free to email Francesca Falzarano fbf4001@med.cornell.edu or call (646)481-2858.

To view the flier for this study, click the red button below.

[VIEW THE FLIER](#)

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Recruiting Participants for a Study on Accessibility Information in Cities

Our research team at the University of Illinois at Chicago is inviting you to participate in a research study to improve the availability and use of data on sidewalk accessibility for people with disabilities. We would like your input to help understand new ways our tools and the data collected can be used to advocate for more accessible cities and be used by people with disabilities to better understand their community's accessibility.

Participation includes two 2.5 hours workshops on one of these dates: May 5, 6, 9, 11, 19, 20. The workshop will be either at 10:00am to 12:30pm or 1:00pm to 3:30pm.

To maintain COVID-19 safety precautions the first workshop will be held virtually via Zoom. During these workshops our research team will lead group activities and discussions. We will focus on priorities, needs, and concerns related to accessible sidewalks, and hope to gain your valuable perspectives on the design and usability of a tool we developed. We are also interested in discussing the opportunities and needs around data on accessibility of cities.

Participants will receive \$50 per session for their participation.

To Participate in this workshop, participants must be:

- 18 years of age or older
- Speak and understand English
- Identify as a member of **one** of the following groups:

*People with limitations in mobility OR

*People who are Blind/low vision OR

*A caregiver of a person with a disability

Have experience with or regularly leave home and travel in the community OR travel with someone with a disability

For more information or to schedule a time to participate in the study please contact:

Sierra Berquist
Research Assistant
Email: sberqu2@uic.edu

[CONTACT](#)

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Study: In Caregiving, These Mindfulness Practices Could Help

Family members who care for a loved one with dementia often experience chronic stress, anxiety and depression. Psychological research into mindfulness remains a fairly nascent field of study, but mindfulness practices have numerous benefits for care partners.

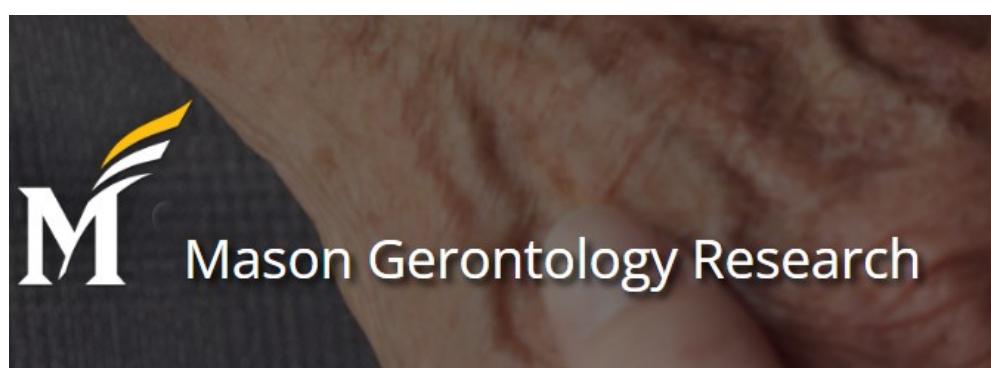
Research conducted by Felipe Jain, Director of Health Aging Studies at Mass General Hospital, has created and established the benefit of a mindfulness and guided imagery approach, Mentalizing Imagery Therapy (MIT), for family dementia caregivers.

The focus of Dr. Jain's research is now to identify strategies to deliver caregiver skills training and relaxation techniques remotely to improve caregiver well-being. The research has been funded by the National Institute on Aging and private foundations.

To learn more about how mindfulness can benefit caregivers, click [here](#). To sign up for an upcoming Mentalizing Imagery Therapy study, click the red button below.

SIGN UP

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Mason CARES

George Mason University Department of Social Work invites care partners caring for a loved one with dementia to participate in Mason CARES, a research study assessing the effect of an evidenced-based virtual education program on care partner stress-management. This program serves to reduce care partner stress/ burden and increase care partner well-being.

Family care partners provide more than 80% of the daily care of older adults in the U.S. In 2019, more than 16.1 million unpaid family care partners of people with dementia assumed caregiving tasks because of declining cognitive and physical functioning among older adults (Alzheimer's Association, n.d.). Non-pharmacological, affordable interventions have evidence of effectiveness for families challenged with dementia in reducing care partner stress and increasing well-being.

Care partners in our research study will enroll in a virtual community of practice, receiving support from the George Mason University Mason CARES team through the 9-week evidence-based Stress-Busting Program (SBP) for Family Caregivers™, with a community of other care partners. We will collect information regarding stress and well-being before, during, and after the study ends. Upon completion of the SBP, the team will follow up with continued support for one month. Time commitment will be no more than 30 – 90 minutes per week depending on weekly activities.

To learn more about the Mason CARES study, click [here](#). To sign up, click the red button below.

SIGN UP
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IN CASE YOU MISSED IT...

Carers: The Big Conversation. Webinar 1: Let's Talk About...Being a Carer



Carers Worldwide Ambassador Chris Underhill, MBE chairs our first webinar in our series Carers: The Big Conversation. Founder and Executive Director of Carers Worldwide, Anil Patil, is joined by guests James Townsend co-founder of Mobilise and Emilie Weight, Patient Advocacy and Sustainability head at Merck France and lead of Merck's Caregivers Employee Resource Group. We also hear from Parvathi, a carer from Southern India who has been working with Carers Worldwide since we started in 2012. Together they give a global perspective on what it means to be a family carer.



RESEARCH & RESOURCES

Making the Invisible Visible: State Strategies for Identifying and Reaching Family Caregivers

Family caregivers — often relatives, friends, and neighbors — provide vital assistance to support the health and functional needs of older adults, but often face physical, emotional, and financial challenges related to their caregiving responsibilities.

Many states are seeking to better support this important workforce, particularly family caregivers in communities of color, but need an effective way to accurately identify the number, diversity, and unique needs of family caregivers in their state.

In identifying family caregivers, states should recognize cultural considerations, including distinct racial and ethnic perspectives associated with caregiving, that may have implications for identification.

This brief by the Center for Health Care Strategies presents key strategies to help states better identify and reach family caregivers.

To view this brief, click on the red button below.

[VIEW THE STUDY](#)



PREVIOUSLY APPEARED

AARP/National Geographic "Second Half of Life Study"

Older Americans are not only the happiest adult Americans as a whole, but also consider themselves healthier and more financially secure than those in their 40s and 50s, reveals a new study published in *AARP Bulletin*. The "Second Half of Life Study," conducted with *National Geographic*, surveyed thousands of adults age 18 to 90 to explore how Americans perceive their current life, their expectations for the future and aging in general as we emerge from the COVID pandemic. About two-thirds of adults over 80 said that they were living their "best possible life" or close to it, compared with just 1 in 5 younger adults.

The study disproves many common misconceptions about aging and suggests that greater focus should be put on adults in their 40s and 50s, who reported higher levels of stress and worry and lower levels of life satisfaction and health than older Americans.

To view the study, click on the red button below.

[VIEW THE STUDY](#)





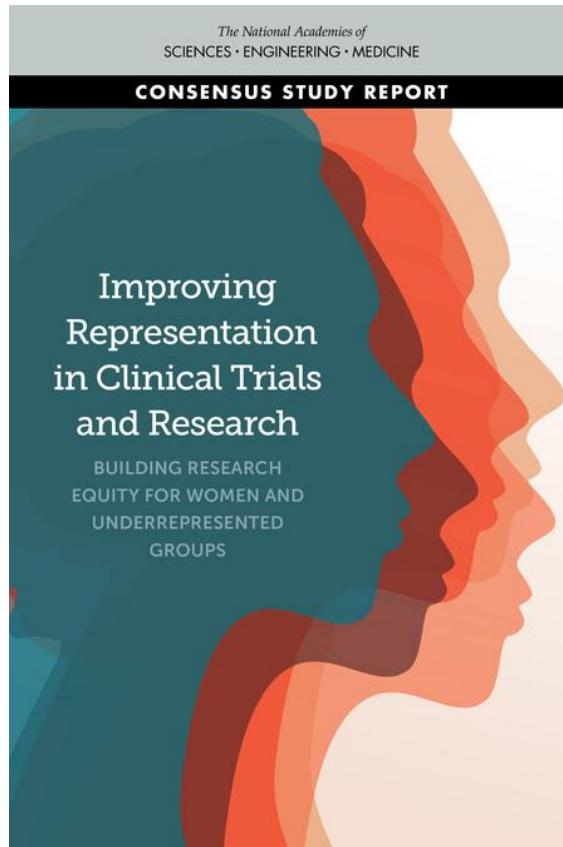
The National Resource Center for Engaging Older Adults

New Additions to the engAGED Innovations Hub

The engAGED Social Engagement Innovations Hub houses best and emerging social engagement programs. Searchable by a variety of filters—including social engagement intervention type, geographic area served or partners involved—the Innovations Hub gives you access to replicable examples to inspire and inform your organization's social engagement efforts. Each program summary within the Innovations Hub contains all you need to know about that particular program, such as partners involved, outcomes demonstrated, lessons learned, resources needed and contact information to learn more.

To access the Hub, click the red button below.

ACCESS THE HUB



Improving Representation in Clinical Trials and Research: Building Research Equity for Women and Underrepresented Groups

The United States has long made substantial investments in clinical research with the goal

of improving the health and well-being of our nation. There is no doubt that these investments have contributed significantly to treating and preventing disease and extending human life. Nevertheless, clinical research faces a critical shortcoming. Currently, large swaths of the U.S. population, and those that often face the greatest health challenges, are less able to benefit from these discoveries because they are not adequately represented in clinical research studies. While progress has been made with representation of white women in clinical trials and clinical research, there has been little progress in the last three decades to increase participation of racial and ethnic minority population groups. This underrepresentation is compounding health disparities, with serious consequences for underrepresented groups and for the nation.

At the request of Congress, ***Improving Representation in Clinical Trials and Research: Building Research Equity for Women and Underrepresented Groups***, identifies policies, procedures, programs, or projects aimed at increasing the inclusion of these groups in clinical research and the specific strategies used by those conducting clinical trials and clinical and translational research to improve diversity and inclusion. This report models the potential economic benefits of full inclusion of men, women, and racial and ethnic groups in clinical research and highlights new programs and interventions in medical centers and other clinical settings designed to increase participation.

To learn more or to access the report, click the red button below.

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Securing today
and tomorrow

How to Get Help from Social Security

Local Social Security offices are offering more in-person appointments and have resumed in-person service for people without an appointment.

As in-person service expands, the Social Security Administration expects its offices to become increasingly busy. The SSA strongly encourages beneficiaries seeking assistance to continue to go online, call for help, and schedule appointments in advance.

The Social Security Administration has provided a fact sheet for those seeking assistance. To read the fact sheet, click the red button below.

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Home Safety Checklist for Alzheimer's Disease

Use the following room-by-room checklist provided by the National Institute on Aging to alert you to potential hazards and to record any changes you need to make to help keep a person with Alzheimer's disease safe. You can buy products or gadgets necessary for home safety at stores carrying hardware, electronics, medical supplies, and children's items.

To view the checklist, click the red button below.

[VIEW THE CHECKLIST](#)

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At a Glance: Reducing Disability in Alzheimer's Disease

Check out this 1-page infographic for a quick, top-level overview of Reducing Disability in Alzheimer's Disease (RDAD), a dementia caregiving program that offers 12 in-person (individual or group) exercise training and education sessions for caregivers and persons living with dementia. It's focused on gentle exercise for the person with dementia and caregiver training to manage behavioral symptoms and identify pleasant events.

Feel free to print it out, save for reference or send to a peer or colleague who may be interested learning more about the program. You can find full information, including program components and characteristics, research evidence, sustainability strategies and more at the program's full [profile page at Best Practice Caregiving](#).

To view the infographic, click the red button below.

[VIEW THE INFOGRAPHIC](#)

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A Caregiver Program that Creates Lasting Improvements

BRI Care Consultation™ is a proven care-coaching solution delivered by telephone and email to adults with health conditions and their family or friend caregivers, empowering both to more effectively manage short- and long-term needs.

BRI Care Consultation uses a combination of ongoing assessment, action planning and follow-up support to create real and lasting changes in the caregiving situation, resulting in a decrease in unmet needs, stress and strain, and symptoms of depression for both caregivers and the person receiving care.

BRI Care Consultation helps to change the cycle of ongoing care, uncovering alternatives to current care methods, identifying helpful new community resources, mobilizing family and friend assistance, and driving lasting changes in the care situation.

Through numerous research studies, BRI Care Consultation has been proven to provide positive outcomes, including:

- Improved satisfaction with care from doctors and other professionals
- Reduced symptoms of depression

- Less relationship strain between the caregiver and person receiving care
- Fewer costly emergency room visits and hospital re-admissions.

If you'd like more information, contact Michelle Palmer at mpalmer@benrose.org, or click the red button below.

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New Blood Test Can Help Diagnose Alzheimer's Disease

Alzheimer's disease is characterized by the buildup of a protein called beta-amyloid, which forms sticky plaques on the brain and can cause brain cells to die. Testing for the presence of these amyloid plaques on the brain is an important part of Alzheimer's diagnosis and research.

A study, funded in part by NIA, found that a new blood test can accurately predict the presence of beta-amyloid in the brain. The blood test became even more accurate when the research team took into account the version of APOE (a gene linked to Alzheimer's risk) that each person had. Scientists note that the blood test performs comparably to existing brain scan- or spinal tap-based tests. However, the blood samples used in the study were from majority white, affluent individuals, and may not be generalizable to other demographic groups.

Using blood samples will make it easier to screen healthy people for potential enrollment in Alzheimer's clinical trials and could help lower costs and expand the availability of diagnostic studies for Alzheimer's.

To learn more, click the red button below.

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An Online Education Course

Caregiving While Black Course

Caregiving While Black is a six week culturally appropriate caregiving training and education course. The overall goal of this project is to address the cultural reality of "Caregiving while Black" during a public health crisis. We are aiming to develop and

prototype-test a highly accessible program designed to enhance the mastery of Black American caregivers to provide care to family members or friends living with a dementia illness in a time of crisis.

A \$40 gift card will be provided for participation in each baseline and post-intervention interview and each semi-structured interview.

If you'd like more information, click [here](#). If you'd like to participate, click the red button below.

[LEARN MORE](#)



Free Course on Diversity, Equity, and Inclusion for Home-Based Care

During National Minority Health Month, the Home Centered Care Institute (HCCI) has launched a new free course entitled, **“Diversity, Equity, and Inclusion for Home-Based Care.”**

This on-demand course, supported (in part) by the Josiah Macy Jr. Foundation, addresses the complex and multifaceted topic of health equity by discussing power and privilege, implicit and explicit bias, inferred cultural preferences, and more, which are especially relevant for providers working with patients and families in their home.

The course, designated for a maximum of 0.5 AMA PRA Category 1 Credit™, provides guidance in developing and implementing best practices for culturally sensitive care in the home environment and within the workplace. While the course targets home-based primary care (HBPC) providers and those interested in HBPC, non-clinical staff members can also benefit from understanding implicit bias as they support interactions with patients and caregivers (such as scheduling or billing), while those in leadership will learn how to better engage and retain high-performing, diverse teams.

To take the course, click the red button below.

[LEARN MORE](#)



CAREGIVER TLC - THRIVE, LEARN, CONNECT
SUPPORTING FAMILY CAREGIVERS



Caregiver TLC

[What is Caregiver TLC?](#)

The Caregiver TLC Research Program offers FREE ONLINE support to adults providing care to persons with memory loss, dementia, or chronic illness.

Caregivers will complete six weekly Zoom sessions led by trained facilitators. This workshop will teach coping skills to deal with stress, depression and burden, and strategies to improve quality of life.

Is Caregiver TLC For Me?

- Do you provide at least 4 hours of care a week to a person with a chronic illness or memory loss?
- Do you help your family member to:
 - Remember appointments?
 - Get bathed or dressed ?
 - Take their medications on time?
 - Could you attend six weekly 2-hour Zoom* sessions?
 - Would you like to connect with other caregivers near you?
 - Do you have a personal email address?

To register for Caregiver TLC, click [here](#). To learn more, click the red button below.

LEARN MORE

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FOLLOW US TO STAY CURRENT ON CAREGIVING!

